

Addison! Accolade

A publication of the Town of Addison Recreation Department



December 2008 January February 2009

In this issue:

Registration 1

Pacesetters 3&4

Fitness 5

Adult Programs 6

Kidscene 7&8

Aerobics 9

Personal Trainers 10

Around the Town back page

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Addison Athletic Club

3900 Beltway Drive
972-450-7048

Athletic Club Hours of Operation

Monday-Thursday 6:00 a.m. - 10:00 p.m.

Friday 6:00 a.m. - 8:00 p.m.

Saturday 8:00 a.m. - 8:00 p.m.

Sunday 1:00 - 6:00 p.m.

So you will know...

December 25 & 26, 2008 the Athletic Club will be closed for Christmas observance.

January 1, 2009 the Athletic Club will be closed for New Years Day.

Registration for classes

You may register for all classes beginning Monday, November 24, 2008. Winter session will run from Monday, December 1, 2008 through Saturday, February 28, 2009. For more information visit our website at:

WWW.ADDISONATHLETICCLUB.COM

Payments: Cash, credit cards, and checks are accepted during walk-in registration.

Waiting List: Residents interested in registering for a class that is full will be put on a waiting list. The waiting list does not guarantee a spot. Residents will be contacted as soon as a spot becomes available.

Class Cancellation: If a class is cancelled, staff will make every effort to contact residents registered for the class before the first day of class.

The Accolade

is published quarterly by the Town of Addison Recreation Department. Any questions, letters to the editor or other comments regarding this publication should be made to:

Recreation Manager's Office
Addison Athletic Club
P.O. Box 9010
Addison, Texas 75001-9010

Addison Recreation Department Mission Statement:
To offer and maintain for the Town's residents a wide array of recreation, health, fitness, and athletic programs at the Athletic Club.



Join the Mayor and City Council
for the Holiday Open House
Sunday, December 7, 2008
from 10:00 a.m.- 2:00 p.m.
at the Addison Conference Centre



Santa Pancake Breakfast

Come one, come all to the first ever Santa Pancake Breakfast! We will be making pancakes, while you enjoy the holiday festivities with friends and family. The kids can bring their letters for Santa, and then we will send them to the North Pole. Don't miss out on this wonderful holiday event!

DATE: Saturday, December 13
TIME: 8:30-10:30 a.m.
AGE: Families
AC: 7010.101

*Please sign up at the front desk.

Registration for all classes begins Monday, November 24, 2008. Winter session will run from Monday, December 1, 2008 through Saturday, February 28, 2009.



GRANBURY LIVE-"LONE STAR CHRISTMAS"

Sign up for Granbury Live and enjoy a Texas Christmas. You will hear classic hits by many of your favorite country artists. After the show we will enjoy a late lunch/early dinner.

DATE: Saturday, December 6

TIME: 10:45 a.m.

FEE: \$33 includes only transportation

AC: 1544.101

*Please sign up at the front desk.

CENTRAL MARKET TOUR

Sign up and take a tour of Central Market located in Plano. It's AMAZING! One of the BEST grocery stores! The food selection is out of this world, not to mention the tasty food samples. We will enjoy a nice lunch and shopping after the tour. The lunch is not included in the price of the trip.

DATE: Wednesday, January 14

TIME: 10:30 a.m. - 2:00 p.m.

FEE: \$5 transportation fee and lunch on your own

AC: 1549.101

*Please sign up at the front desk.

AMERICAN AIRLINES C. R. SMITH MUSEUM

The American Airlines C.R. Smith Museum is much more than a museum. It's a sight-and-sound, hands-on, window-seat look at the world of flight. It's an adventure offering you a chance to hear, see, touch and be a part of the exciting aviation industry. Best of all, it's a great place for any group to enjoy.

DATE: Friday, February 20

TIME: 9:30 a.m.-3:30 p.m.

FEE: \$21 (Transportation, admission and lunch included)

AC: 1545.101

*Please sign up at the front desk.

Wii WEDNESDAY

Come enjoy a game of Wii bowling with a hand held controller that requires you to move as you would during a normal game of bowling. Come laugh, meet new people and have fun! A small lunch will be provided. Please sign up in advance at the front desk.

DATE: Wednesday, December 17, January 28, and February 18

TIME: 10:30 a.m.

FEE: FREE

AC: 1546.101

*Please sign up at the front desk.

LUNCH BUNCH

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location.

Cristina's Mexican Restaurant: 4933 Belt Line Road

DATE: Wednesday, December 10

AC: 1585.101

May Dragon: 4848 Belt Line Road

DATE: Wednesday, January 21

AC: 1585.102

Chamberlain's Fish Market Grill: 4525 Belt Line Road

DATE: Wednesday, February 25

AC: 1585.101

*Please sign up at the front desk.

DUNN BROS COFFEE CLUB

Once a month come to Dunn Bros Coffee House and learn new things about your city, and see what's going on in the world. We will have a special guest each month. You don't have to drink coffee to join the group. Stay as long or short as you want. Can't wait to see you there!

DATE: 1st Wednesday of the month Dec 3, Jan 7, and Feb 4

TIME: 10:30 a.m.

FEE: Purchase drink or snack

PLACE: Dunn Bros Coffee Shop-3725 Beltline Road



BIRTHDAY BASH OF THE MONTH

Everyone loves birthday parties! Come celebrate all the winter birthdays in the multi-purpose room. Cake will be served, and if anyone wants to bring extra goodies, that would be great! If your birthday is in December, January or February come and celebrate! Everyone is invited; it's going to be a party!

DATE: Friday, December 19, January 16, February 13

TIME: 10:30 a.m.

PLACE: Multi-purpose room

FEE: Free

STITCHING FROM THE HEART

Come join our stitching group. Come help knit or crochet blankets and hats for different area hospitals.

Every blanket and hat will go to a very special person. We meet in the multi-purpose room every Tuesday.

Donations are encouraged!

DATE: Tuesdays, December 2-February 24

TIME: 11:00 a.m.

FEE: Free

AC: 1548.101

SANTA PANCAKE BREAKFAST

Come one, come all to the first ever Santa Pancake Breakfast! We will be making pancakes while you enjoy the holiday festivities with friends and family. The kids can bring their letters for Santa, and then we will send them to the North Pole. Don't miss out on this wonderful holiday event!

DATE: Saturday, December 13

TIME: 8:30-10:30 a.m.

AGE: Families

FEE: Free

AC: 7009.101

*Please sign up at the front desk.



APPRECIATION PANCAKE BREAKFAST

Let us do the work! We do the cooking, while you enjoy. Don't miss out on this wonderful event!

Please sign up at the front desk.

DATE: Thursday, January 29 and
February 12

TIME: 8:00-10:00 a.m.

FEE: Free

AC: 1594.101

*Please sign up at the front desk.

CRAFTY HOUR

Are you creative? Would you like to be creative? Sign up to make four wonderful crafts to take home with you to enjoy. All materials will be provided.

DATE: Thursdays, January 8-29 (Four week session)

TIME: 4:30-5:30 p.m.

FEE: \$40

AC: 1520.101

*Please sign up at the front desk.

TAI CHI

Doctors are recommending Tai Chi as a great form of exercise and relaxation. Studies have shown that the slow, gentle, and continuous movements of Tai Chi help develop muscles, improve balance, reduce stress, increase concentration, and promote an overall feeling of wellbeing. The instructor is Chris Bouguyon, a 28-year martial arts veteran and the Senior Tai Chi instructor for Arthritis Foundation of Texas. Come treat yourself to a healthy spirit, body and mind. Pay instructor.

DATE: Thursdays, December 4-February 26

TIME: 11:30 a.m. -12:30 p.m.

FEE: \$8 per class / \$70 punch card 10 classes

CHAIR YOGA

Do you have an interest in learning yoga but are not comfortable with getting on the floor. Chair yoga is a gentle form of yoga that is practiced sitting in a chair. You can get all the benefits of yoga, and you never have to leave your chair. Pay instructor.

DATE: Mondays and
Wednesdays,
Dec.- Feb.

TIME: 11:00 a.m.-12:00 p.m.

FEE: \$28 (all 4 classes)/\$7 single class

AC: 1542.101



FITNESS FOR LIFE

Have you been thinking about using the weight room, but aren't sure how to use the machines? Has your doctor suggested weight training or strengthening? This is your chance to have a personal trainer work with you as a group once a week and to be there to answer any questions or concerns. The class is designed for ages 50 and older. Please pay at the front desk.

DATE: Tuesdays, December 2-February 24

TIME: 9:30 a.m.-10:30 a.m.

FEE: \$2 per class/ or aerobic pass

Registration for all classes begins Monday, November 24, 2008. Winter session will run from Monday, December 1, 2008 through Saturday, February 28, 2009.

Fitness & Adult Programs

Fitness and adult programs are for everyone 15 years or older. For any questions about the programs contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov



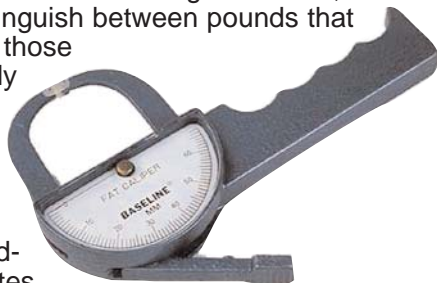
FREE ORIENTATION

Are you helping or hurting yourself while working out? Let our fitness staff show you the proper way to use the new cardio and strength training machines. Please call 972-450-7048 and ask for Justin Pollard.

FREE BODY FAT TEST

Weight alone is not a clear indicator of good health, because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity, and puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In fact, obesity contributes to at least half the chronic diseases in western society. To learn more about your body fat percentage, have our staff check it using our body fat analyzer or skin fold calipers. Call Justin at 972-450-7048 to set up an appointment.

DATE: Ongoing
FEE: FREE



LOSE WEIGHT FAST!!!

Learn what the Fitness Experts know about getting lean. In this seminar, you will learn how to understand and read a food label, what are good carbs and bad carbs, lean versus fat proteins, what fat to eat, how much sugar to eat per day and what it really takes to get a six-pack. Come with your questions and get straight answers.

DATE: Monday, January 5
FEE: Free
TIME: 7:00 p.m.
AC: 3904.101

ADDISON INDOOR TRIATHLON

Don't let the weather get in your way of a good race. This will be an all out triathlon. Participants will swim 200

yards, bike 15 miles and run 3 miles. There will be beginner and intermediate races. No rest for the weary and time to challenge yourself especially during the winter. Keep up the training. 1st, 2nd, & 3rd place prizes will be awarded.

DATE: Saturday, January 10
TIME: 8:00 a.m.
FEE: \$10
AC: 3710.101

WEEKEND WARRIOR RACQUETBALL TOURNAMENT

All racquetball pros come and sign up to participate in the racquetball tournament. To register, individuals must submit their name and pay the entry fee at the front desk of the Addison Athletic Club by February 5th. Tournament sign-ups will be taken on a first come, first serve basis. Late entries may not be accepted due to facility and time constraints. Participants who enter late may request to be placed on the "Waiting List."

DATE: February 7 & 8
TIME: Saturday, 9:00 a.m. - 3:00 p.m.
Sunday, 1:00 p.m. - 3:00 p.m.
FEE: \$15 a person
AC: 3708.101

BOOK REVIEW CLUB

Become a member of the Addison Book Review Club. They would love to have you join them. For more information ask our front desk staff, or watch the locker room bulletin boards. We will meet the first Monday of each month at 7:00 p.m. in the conference room. The books we will be reading are as follows:

DATE: Monday, January 5-
Last Lectures
by Randy Pausch
and
A Three Dog Life
by Abigail Thomas
Monday, February 2 -
The Virgin of Small Plains
by Nancy Pichard
TIME: 7:00 p.m.
AC: 3108.01



MORNING YOGA

A challenging class for the experienced yoga enthusiast with detailed instruction for new yogis. This class brings breath and body strength together, which you can maintain throughout your lifetime. Bring your own mat. Please pay instructor before class.

DATE: Tuesdays and Thursdays
TIME: 9:30 - 10:30 a.m.
FEE: \$7 per class

Registration for all classes begins Monday, November 24, 2008. Winter session will run from Monday, December 1, 2008 through Saturday, February 28, 2009.

EVENING YOGA

This class will improve your flexibility, strength, muscle tone and balance through a series of postures, stretching and breathing techniques. Reduce everyday stress and tension. Relax your mind while energizing your body. All fitness levels welcome. Bring a towel or mat. Please pay instructor before class.

DATE: Tuesdays and Thursdays

TIME: 5:45-6:45 p.m.

FEE: \$7 per class

HATHA YOGA

This hatha yoga class will improve your flexibility, muscle tone & balance. The teacher offers a clear explanation of postures and modifications catering to each student's individual needs. Bring a towel or mat. Please pay instructor before class.

DATE: Tuesdays

TIME: 7:00 p.m.

FEE: \$7 per class

BEGINNING TENNIS

Learn the "Sport of a Lifetime!" This introductory class is geared toward learning the proper mechanics of the fore-hand, backhand, volley and serve. Scoring and singles play introduced.

SESSION: 1. December 3, 10, 17 & 24 (Wed.) AC: 3716.101
2. December 6, 13, 20 & 27 (Sat.) AC: 3716.102
3. January 7, 14, 21, & 28 (Wed.) AC: 3716.103
4. January 3, 10, 17 & 24 (Sat.) AC: 3716.104
5. February 4, 11, 18 & 25 (Wed.) AC: 3716.105
6. February 7, 14, 21, 28 (Sat.) AC: 3716.106

TIME: Wednesdays 6:00-7:00 p.m.
Saturdays 11:00 a.m.- 12:00 p.m.

FEE: \$12 for drop in fee
\$40 for 4 weeks

INTERMEDIATE TENNIS

This is a great refresher for those who have completed a beginner class and are familiar with the basics. In addition to refining strokes covered in the beginner class, approach shots and overhead techniques are covered. A variety of game based drills are incorporated into the learning process

SESSION: 1. December 3, 10, 17 & 24 (Wed.) AC: 3717.101
2. December 6, 13, 20 & 27 (Sat.) AC: 3717.102
3. January 7, 14, 21, & 28 (Wed.) AC: 3717.103
4. January 3, 10, 17 & 24 (Sat.) AC: 3717.104
5. February 4, 11, 18 & 25 (Wed.) AC: 3717.105
6. February 7, 14, 21, 28 (Sat.) AC: 3717.106

TIME: Wednesdays 7:00-8:00 p.m.
Saturdays 12:00-1:00 p.m.

FEE: \$12 for drop in fee
\$40 for 4 weeks

****Register and pay at the front desk cash or check only.****

Classes meet once a week for four consecutive weeks (must be able to meet all 4 weeks straight). In the event

of inclement weather, class will be added at the end of the session. Low student to instructor ratio (Min 3:1; Max 7:1) For any questions call David Scott the Tennis Instructor at 214-850-7697.

HOMEBUYERS WORKSHOP

Presented by Dallas County Community College Instructors and RE/MAX. You will learn the "Do's & Don'ts" when trying to buy a home. We cover contracts, agency, inspections, financial qualifications and down payment requirements, including zero down options, legal issues, how to make an offer and counter offers, homestead laws, community property laws and much more. Call AAC staff at 972-450-7048 or email Mal Smith at mal@malanddoug.com for class information. Registration is required at least one week prior to each workshop.

DATE: Monday, December 1 AC: 3101.301
Monday, January 5 AC: 3101.302
Monday, February 2 AC: 3101.303
TIME: 7:00 - 9:00 p.m.
FEE: Free



SALSA!

Step into the hottest Latin dance around - Salsa. Done throughout the Metroplex, Salsa is an energetic combination of couple and open free-style dancing that 'sizzles' on the dance floor. If you have ever seen the movie, "Dirty Dancing", or "Mambo Kings", you will see the energy of Salsa dancing at its best. Don't be left out the next time you hear high energy Latin music. Join the numbers of people who place this dance at the top of their collection!

DATE: Saturdays, February 7, 14, 21, 28
TIME: 12:00 - 1:00 p.m.
FEE: \$45 Single, \$65 Couple*
AC: 3804.301

BOXING 101

Do you want to take your training to the next level? Do you want to train like a boxer? Sign up for the one-on-one boxing training class. Learn punching techniques and go through similar training as boxers. Call Justin to set up an appointment. Register soon! Available times are limited.

DATE: Ongoing
TIME: Call Justin to schedule times. 972-450-7048
FEE: \$10 a class
\$45 for 5 classes
\$80 for 10 classes (3 free)

Registration for all classes begins Monday, November 24, 2008. Winter session will run from Monday, December 1, 2008 through Saturday, February 28, 2009.



PRESCHOOL FRIENDS

Join the fun and make new friends! Learn the ABC's, 123's, music, games, and art together. The goal of this program is to give children a fun environment so they can experience and learn new things with their own age group. Each class will have a new and exciting theme to keep your children interested. Come experience the fun!

DATE: Wednesdays, January 7-February 25

TIME: 10:30 a.m.-12:00 p.m.

AGE: 3-5 years

FEE: \$40.00

AC: 5313.101

KID'S NIGHT OUT

Come let the little ones enjoy a special night filled with fun and laughter while you have an evening out! We have a whole night filled with arts and crafts, games, movies, and a special snack. Limited space is available. Sign up at the front desk to reserve a spot.

DATE: Friday, December 19 AC: 5301.101

Friday, January 30 AC: 5301.102

Friday, February 20 AC: 5301.103

TIME: 6:30-9:00 p.m.

AGE: 3-5 years

FEE: \$5.00 per child

TINY TYKE SPANISH CLASS

¡HOLA! Come and experience the world of Spanish and meet new friends. This class is for young children to learn the basics of Spanish, beginning with animals, colors, numbers and letters. Each class will focus on one subject by playing games, singing songs and doing arts and crafts together.

DATE: Mondays, February 2-23

TIME: 10:30-11:30 a.m.

AGE: 3-5 years

FEE: \$20.00

AC: 5333.101

LIL' DANCERS-I BEGINNER/INTERMEDIATE

This is a beginner/intermediate level combination tap and ballet class for preschoolers. Children will learn basic terminology and steps while meeting new friends and having fun! In December, The Nutcracker will be introduced to the dancers. No classes will be held Friday, December 26 or Friday, January 2. Parent visitation is the last day of class.

DATE: Fridays, December 5-February 27

TIME: 5:30-6:15 p.m.

AGE: 2 1/2-4 years

FEE: \$40.00 per month

AC: 5328.101

*Please pay instructor.

TENNIS BEGINNINGS

Come and learn tennis with Tennis Beginnings. This program uses the Quickstart method to learning tennis which brings kids into the game by using special equipment and shorter courts. This is a great way for your child to get introduced to tennis or perfect skills that they already have. Don't miss out, sign up at the front desk today!



DATE: Tuesdays, December 2-February 24

AGE: Under six years old

TIME: 3:30-4:15 p.m.

AC: 5332.101

AGE: Under eight years old

TIME: 4:15-5:00 p.m.

AC: 5332.102

DATE: Thursdays, December 4-February 26

AGE: Under ten years old

TIME: 3:30-4:15 p.m.

AC: 5332.103

AGE: Under twelve years old

TIME: 4:15-5:00 p.m.

AC: 5332.104

FEE: \$65.00 per month

*Please pay instructor.

FRIDAY NITE MADNESS

Calling all PRE-Teens & Teens! Need something to do on Friday nights during the winter? This is the place to come! Friday night comes alive at the Addison Athletic Club. This is a "kid's night out" as well as a "parent's night out"! We start the night off by swimming in the indoor pool, then order pizza, watch movies, play sports and compete against the Wii. How can you go wrong?

DATE: Friday, December 5

AC: 5402.101

Friday, January 9

AC: 5402.102

Friday, February 13

AC: 5402.103

TIME: 6:30-9:00 p.m.

AGE: 6-12 years

FEE: \$5.00 per child

KIDZ AND ART

Are your children interested in learning how to do different types of art? Then come to our Kidz and Art class. The theme for the class is "Around the World in 4 Days." Throughout the

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session, children will learn how to use art mediums such as sculpture, mosaics, fabric weaving and much more. Your child can come for every class or pick and choose the classes they would like to attend. On the last day there will be an art show for the children to display their work.



DATE: Saturdays, December 6-27
 TIME: 10:00 a.m.-12:00 p.m.
 AGE: 6-12 years
 FEE: \$35.00 per week or \$140.00 for 4 weeks
 (Price includes all art supplies)
 AC: 5426.101

*Please register and pay at the front desk by December 1 cash or check only.

SANTA PANCAKE BREAKFAST

Come one, come all to the first ever Santa Pancake Breakfast! We will be making pancakes, while you enjoy the holiday festivities with friends and family. The kids can bring their letters for Santa, and then we will send them to the North Pole. Don't miss out on this wonderful holiday event!

DATE: Saturday, December 13
 TIME: 8:30-10:30 a.m.
 AGE: Families
 FEE: Free
 AC: 7009.101

KIDSTAGE PRESENTS MIXED UP FAIRY TALES!

KidStage is an international program new to the North Dallas area. KidStage classes offer a safe environment for kids to take a risk and enhance their self-confidence in a theatrical atmosphere. Each class is full of fun drama games, improv, pantomimes and movement, and culminates in a production during the final class that parents are welcome to attend.

DATE: Thursdays, January 8-February 26
 TIME: 4:45-5:30 pm AC: 5334.101
 AGE: Itty Bits Ages 3-5
 FEE: \$65
 TIME: 5:30-6:30 pm AC: 5427.101
 AGE: Stars Ages 6-10
 FEE: \$85
 TIME: 6:30-7:30 pm AC: 5427.102
 AGE: Tweens Ages 11-14
 FEE: \$85

*Fees include a Kidstage T-shirt.*Please pay instructor.

AMERICAN RED CROSS BABYSITTER'S TRAINING

This class is for young people who would like to become trained babysitters. In this class you will learn how to care for children and infants, solve problems, write resumes and interview for jobs. You will also learn how to keep the children and yourself safe by learning to handle emergency situations such

as injuries, illnesses and household accidents. You will need to bring a sack lunch with you.

DATE: Saturday, January 17
 TIME: 9:00 a.m.-3:30 p.m.
 AGE: 11-15 years
 FEE: \$70.00
 AC: 5424.101

STORIES & SNACKS BOOK CLUB

Come and join our Stories & Snacks Book Club. This is a chance for all young people to get together with friends, have fun, laugh and discuss books. There will be a different book to read each month, and we will get together and discuss it while having some tasty treats!

DATES: Sunday, December 28
 Tales of Beedle the Bard by: J.K. Rowling
 Sunday, January 25
 The City of Ember by: Jeanne DuPrau
 Sunday, February 22
 Listen! by: Stephanie S. Tolan

TIME: 2:00-3:00 p.m.
 AGE: 10-14 years
 AC: 5425.101

BOUNCIN' SATURDAY

Are the winter months getting you down? Then we have the solution for you! Come to the Addison Athletic Club and enjoy an afternoon of family fun. We will have bounce houses and inflatable slides for you to play on. Bring the whole family and bounce those winter blues away!

DATE: Saturday, January 24
 TIME: 10:00 a.m.-2:00 p.m.
 AGE: Families
 FEE: \$2.00 per person
 AC: 7011.101

*Please sign up at the front desk.

ANNUAL VALENTINE'S DANCE: "LIGHTS! CAMERA! ACTION!"

Come to the 5th Annual Valentine's Dance: "Lights! Camera! Action!" All moms and dads can enjoy this night together with their sons and daughters. This will be a star studded night filled with unforgettable memories, dancing with a live D.J, games and contests, refreshments and a free souvenir picture to take home to remember the night. Come dressed semi-formal/formal.

DATE: Saturday, February 7
 TIME: 6:00-8:00 p.m.
 AGE: Families
 FEE: \$7.00 per person
 AC: 7004.101

*Please purchase your tickets by Friday, January 30. No tickets will be sold at the door.



Registration for all classes begins Monday, November 24, 2008. Winter session will run from Monday, December 1, 2008 through Saturday, February 28, 2009.

Winter Aerobics

Payment options

Option 1 - \$75.00 3 month session
If you are planning on taking three or more classes per week, this is the best deal. Attending class three times a week during the three month session will reduce your cost to just over \$2.00 per class.

Option 2 - \$40.00 15 punch passes
If you can't make it to class on a consistent basis, a punch pass may be the way to go. For \$40.00 you get 15 classes. The punch pass is good for six months from date of purchase.

Option 3 - \$4.00 Drop-in
Not sure you want to take a full session of aerobics? Take one class for \$4.00 to see if you like it.

On any option residents 50 years of age and over pay half price.

WATER TRIM

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, upper body and abdominal strengthening and exercise technique will be emphasized.

WEDNESDAY WATER & SATURDAY H2O

Take one of your weekly aerobic exercise routines in the water! This class combines cardiovascular conditions and muscle strengthening in the water. Aqua dumbbells noodles and kickboards are used to enhance the strength component of the class, while the water lowers the impact.

RISE AND SHINE YOGA STRETCH

This class is a great way to wake your body up. Basic yoga stretch moves will get your day started right. This class is great for your mind and body.

TOTAL BODY CIRCUIT

This class will give you a total body workout with muscle toning and cardiovascular conditioning. It offers muscle toning and cardiovascular conditioning, as well as, various techniques to improve your physical endurance.

EXTRA! EXTRA!

Join in for a Saturday morning full of muscle toning and heart racing interval training. This is the class you have been looking for to even out your workout schedule.

NO EXCUSES

The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

STRENGTH AND CARDIO TRAINING

The class gives participants a variety of exercises. Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. This is a great class if you are looking for a little variety in your workout routine.

HIP HOP DANCE AEROBICS CLASS

Get ready for the breakdown with the hottest Hip Hop music. This fun, high-energy dance workout will make you sweat while learning the latest moves from street dance and urban culture. This class moves you step by step with fun choreography to get your feet moving and heart pumping for 60 minutes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Trim	9:15-10:15 a.m.		9:15-10:15 a.m.		9:15-10:15 a.m.	
Wednesday Water			6:00-7:15 p.m.			
Saturday H ₂ O						9:00-10:00 a.m.
Rise & Shine Yoga Stretch	8:15-9:15 a.m.		8:15-9:15 a.m.		8:15-9:15 a.m.	
Total Body Circuit	9:30-10:45 a.m.		9:30-10:45 a.m.		9:30-10:45 a.m.	
Extra! Extra!						9:00-10:30 a.m.
No Excuses	6:00-7:00 p.m.		6:00-7:00 p.m.			
Strength & Cardio	7:00-8:00 p.m.		7:00-8:00 p.m.			

Registration for all classes begins Monday, November 24, 2008. Winter session will run from Monday, December 1, 2008 through Saturday, February 28, 2009.

Athletic Club Information

RACQUETBALL COURT RESERVATIONS:

Racquetball court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour beginning on the hour, and two names are required to reserve a court. No back-to-back reservations will be taken. Courts are available on a first come, first served basis when there are no reservations.

TENNIS COURT RESERVATIONS:

Tennis court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour and a half, and two names are required to reserve the court. No back-to-back reservations will be taken. The court is available on a first come, first served basis when there is no reservation and on weekends. Check-in at the front desk is required.

GYM ACTIVITIES:

Come inside for some friendly basketball or volleyball competition. Pick up games are always in motion. Everyone is welcome.

Gym schedule is as follows:

Full Court Basketball: Monday - Wednesday 6:00 - 8:00 p.m.

Open Gym: Thursday & Sunday (Volleyball net set up upon request.)

Congratulations Gold Medal Club

Members with 1000 visits to the club since 2001

Susan Chon
Kay Chafin
JoLynne McGee
Melissa Renard
Denise Fansler



Personal Trainers

Personal trainers are available to help you create a practical fitness schedule that's tailored for you. All personal trainers are contracted and have professional certifications through nationally recognized organizations. For more information, contact the individual trainer, or call 972-450-7048.

Adam Alexander



Adam is available for appointments 7 days a week.

Your first visit is a free 30 minute session to assess your fitness level and discuss your goals. Whether your goals include getting in shape, losing weight, increasing strength, improving flexibility or combating the effects of bone density loss, Adam can design a program to help meet your goals while avoiding injury. To set up an appointment call Adam at 972-741-2123. His fee is \$55 per session. Adam is certified through Cooper's Institute for Aerobics Research.

Autumn Allan



Autumn is available for sessions Monday - Thursday 8:00 a.m. to 7:45 p.m., Friday 8:00 a.m. to 4:30

p.m., and Saturdays 9:00 a.m. to 12:30 p.m. Programs are designed specific to your physical fitness and nutrition goals. Plus, Benchmark clients have exclusive use of the Power-Tower™. Periodic blood pressure, weight, and body composition checks are taken. Autumn focuses on motivation and discipline with proper prescription. Contact Autumn at 214-794-3444 or benchmarkfitness@sbcglobal.net for an appointment. Autumn's fees are \$60 per session, 10 for \$500, or 20 for \$900. MC and Visa welcome. Autumn is a certified Health and Fitness Instructor with the American College of Sports Medicine since 1999.

Glenn Jones



Glenn trains with a special emphasis on helping people to understand how to walk into a gym and not be intimidated. Glenn

believes keeping fitness simple. He teaches the basic principals of weight training, aerobics and nutrition. He can show you how to stay healthy and in shape, and still have a real life outside of the gym. He invites everyone to at least try personal training and would like to offer a Money Back Guarantee. You will have nothing to lose, and a whole lot to gain. Just taking that small step will put you on the path to better health. Sessions can include training in the gym, your kitchen, grocery shopping, eating healthy while in a restaurant, or fitness by phone. Call for individual rates, couples or special discounted fees. He is available for appointments during the week and on weekends. Glenn is certified through Cooper's Institute for Aerobics Research. To set up an appointment, call 214-325-2495 or glenn@thefitnessgame.com

Erin Brown



Erin believes that fitness is a choice. She wants to make that an easy

choice by designing innovative and challenging workouts for you by combining cardio, strength training and flexibility. Erin is willing to work with your schedule weekdays and weekends. Erin is a certified Personal Fitness Specialist through The Cooper's Institute and has a Bachelors of Science degree in Exercise Physiology. Session fee is \$45.00 per hour. To set up an appointment for a free fitness assessment call 214-402-0840 or erin.brown@choiceworkout.com

Registration for all classes begins Monday, November 24, 2008. Winter session will run from Monday, December 1, 2008 through Saturday, February 28, 2009.

Addison!

Special Events

Holiday Open House December 7
10:00 a.m.- 2:00 p.m. at the Addison
Conference Centre

Resolution Run January 10
8:30 -11:30 a.m. at the Addison Conference Centre

Get your new year's resolutions off to a good start by participating in the Resolution Run, a 5K and 10K sponsored by the Addison Midday Rotary. Visit www.runontexas.com for more information.

www.addisontexas.net



Addison City Council
Back row (left to right) Jimmy Niemann, Dennis Kraft, Gregory S. Hirsch, Todd Meier
Front row (left to right) Tom Braun, Mayor Joe Chow, Roger S. Mellow



Are the winter months getting you down? Then we have the solution for you! Come to the Addison Athletic Club and enjoy an afternoon of family fun. We will have bounce houses and inflatable slides for you to play on. Bring the whole family!

DATE: Saturday, January 24
TIME: 10:00 a.m.-2:00 p.m.
AGE: Families
FEE: \$2.00 per person
AC: 7011.101

Addison Arbor Foundation

Make plans to attend our February 28 event, "Planting for Spring," featuring Jane Bartosiewicz, from 8:00 a.m. until noon. For more information visit our website at www.addisonarbor.org

Town of Addison
Recreation Department
P.O. Box 9010
Addison, TX 75001-9010



This will be an all out triathlon. Participants will swim 200 yards, bike 15 miles, and run 3 miles. There will be beginner and intermediate races. Keep up the training. 1st, 2nd, & 3rd place prizes will be awarded.

DATE: Saturday, January 10
TIME: 8:00 a.m.
FEE: \$10
AC: 3710.301

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